

9-15-1901

The Vegetarian and Our Fellow Creatures September 1901

The Vegetarian Magazine

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>



Part of the [Food Science Commons](#), and the [United States History Commons](#)

Sick Beefsteaks.

No one ever feels the pulse of a beefsteak to see whether it has a fever or not, but the proportion of beefsteaks and other forms of flesh food which are affected by disease of some sort is so great that the health commissioner of one of our largest western cities, not long ago, was compelled to assert that if in the inspection of cattle and other animals used for food all the diseased creatures were rejected, the price of beef would be at least a dollar a pound. From this assertion it is apparent that at least three-quarters or more of all the beef, mutton and pork eaten in the large cities is more or less diseased. Everybody who knows and appreciates this fact will be glad to become acquainted with PROTOSE, a newly discovered food product which marks an era in dietetics, and is bound to lessen enormously the consumption of flesh foods. Protose is one of the already famous

Sanitas Nut Foods

Protose has the advantage over meat in that it is naturally inviting to the palate, while the taste for meat is acquired, and is more nourishing, more palatable, digests in half the time, and is absolutely free from disease germs, parasites and poisons with which flesh foods of every description may be infected. Protose is manufactured by the SANITAS NUT FOOD CO., Battle Creek, Mich., who will send 1/4-lb. Sample Can on receipt of 6c postage. Sold by leading grocers.

Shredded Whole Wheat Biscuit

A natural food thoroughly cooked, made from the whole wheat berry without the use of yeast or baking powders.

Requires no cooking—always ready—served many ways. Combines with the necessary bulk all the food properties requisite for thorough nourishment. The directions on each package should be carefully read.

OVERCOMES
DYSPEPSIA
INDIGESTION
AND
CONSTIPATION



HIGHLY
ENDORSED BY
THE LEADING
PHYSICIANS OF
THE COUNTRY

THE VITAL QUESTION COOK BOOK contains over 200 different ways of serving the shredded wheat biscuit in connection with other foods, a treatise on the food subject all conveniently arranged and carefully indexed. Sent FREE to any part of the world by a postal request, naming THE VEGETARIAN MAGAZINE, addressed to

THE NATURAL FOOD COMPANY, NIAGARA FALLS, NEW YORK.

ADAM ◊ HESIOD ◊ GAVTAMA ◊ ISAIAH ◊ DANIEL ◊ PLATO

The Vegetarian

AND
Our Fellow Creatures

ZOROASTER ◊ ARISTOTLE ◊ SENECA ◊ OVID ◊ PLUTARCH



VOL. 5.

No. 12.

SEPTEMBER 15, 1901

CONTENTS.

| | Page |
|--|------|
| J. D. Craig, B. Sc., M. D. (Portrait) Frontispiece. | |
| Collier's Encyclopedia vs. Prof. Craig..... | 313 |
| Opinions of Eminent Scientists..... | 315 |
| English Vegetarians Honor President Vegetarian Society of America..... | 317 |
| Sketch of Rev. Henry S. Clubb, (with portrait)..... | 317 |
| Vegetarian Shoes—New Books..... | 318 |
| Recipes for Main Dishes for Meatless Dinners..... | 319 |
| The Salisbury Treatment—Josiah Oldfield..... | 320 |

THE VEGETARIAN

\$1.00 per year. 10 cts. per copy.

POPE ◊ SWEDENBORG ◊ VOLTAIRE ◊ FRANKLIN ◊ WESLEY

An Illustrated Magazine of Better Living—An Authority on Foods, their Selection and Preparation
Discountenances the Use of Flesh, Fish and Fowl for Food—Upholds the Right to Life for the Whole
Sentient World—Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance—Stands for
a Stronger Body, a Healthier Mentality, a Higher Morality—Literature of the XXth Century Home
Published Monthly by The Vegetarian Company—Chicago—\$1.00 the Year—Ten Cents the Copy

LINNÆVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II

